

Spaghetti with Mussels, Tomatoes, and Parsley

1lb. of spaghetti
1 1/4 cups of dry white wine
1/2 cup of olive oil
2 lb of mussels or small clams in their shells
2 garlic cloves
1 can of diced tomatoes , fresh pepper and salt to taste
2 tbsp of chopped parsley

1. Cook spaghetti as directed on box
2. Meanwhile, heat wine, and oil in a large skillet, add mussels stir over high heat until mussels open. Remove opened mussels with a slotted spoon to a large bowl. Reserve liquid in skillet.
3. Add garlic to the cooking liquid; boil 2 minutes to reduce and concentrate the flavors. Stir in tomatoes, return to a boil, and cook 3 to 4 minutes until slightly reduced. Season with salt and pepper if desired. Stir in mussels and heat through.
4. When pasta is cooked, reserve 2 tbsp pasta cooking water, then drain. Return pasta to pot. Add mussel mixture, reserved water and parsley;toss.

Per serving: 493 calories, 15 g protein, 62g car, 4g fiber, 20g fat, 11 mg chol, 320 mg sod